

Wheat gluten or wheat protein is a delicious substitute to meat. It is delicious baked and has a chewy, meat-like texture. It can be purchased in most health food stores.

Spice Roast

(Serves 6)

2 cups vital wheat gluten
2 tablespoons nutritional yeast
1 teaspoon thyme
1 teaspoon marjoram
2 cups vegetable broth
1 tablespoon soy sauce
1 small onion, sliced
2 cups hot water
2 tablespoons soy sauce
1 Golden Gravy *(recipe follows)*

Combine first 4 ingredients in large bowl; make a well in the center of the mixture. Combine vegetable broth and soy sauce, add to dry ingredients and knead. Transfer mixture to a 9" x 5" x 3" non-stick loafpan. Add sliced onion to top of loaf. Combine hot water and soy sauce; pour over loafpan. Cover with foil and bake at 350° for 1-1/2 hours. Let cool before slicing. Serve with golden gravy.

Golden Gravy

2 tablespoons safflower oil
1/4 cup flour
2 tablespoons nutritional yeast
2 cups vegetable broth
black pepper to taste

Add safflower oil to saucepan. Place over medium heat until hot. Add flour and nutritional yeast, stirring constantly until mixture starts to bubble. Whisk in vegetable broth. Stir until mixture thickens and comes to a boil. Reduce heat and simmer 1 - 2 minutes, stirring occasionally. Add black pepper to taste.

Nutrition information per serving: 301 calories, 41 g protein, 16.8 g carbohydrates, 7.2 g fat, 21% of calories from fat, 0 mg cholesterol, 312 mg sodium